

Solution is coated on a substrate, the solution being obtained by dissolving monomer or oligomer in solvent, the monomer or oligomer having a triple-bond of two carbon atoms and being used as a raw material of organic insulating material. Ultraviolet rays are irradiated upon the monomer or oligomer coated on the substrate to conduct polymerization and form an insulating film made of the organic insulating material. An insulating film made of high quality organic insulating material can be formed at a relatively low temperature.